



Our PE aims are for children to enjoy themselves, work together, share the knowledge and skills learnt in a range of sports whilst developing resilience, empathy and a lifelong enthusiasm and love for physical activity. We want to help develop and inspire the whole child.

This Long-Term Plan lists the different sports that each year group will learn. The progression is evident from the powerful knowledge and skills section, which shows how skills are built on in each year.

The sports taught have been specifically chosen to provide a range of skills and enables students to continue this progression at our feeder school, which also teaches football, rugby, netball, basketball, tennis, rounders, OAA, dance, fitness and athletics.

Tier 2 and tier 3 vocabulary is included in this plan. We aim for children to use all tier 2 language. We expose them to tier 3 language, which is more specific to the sport they are learning. We add vocabulary to this plan as needed and update regularly. Our website also has a link to the Association for Physical Education's Glossary of Terms for more information.

Information is also provided within this document on assessment and extra curriculum activities.

Children currently do 2 hours of PE per week, alongside 5-10 minutes of running or aerobics each day. There are also 2 after school sports clubs.



LTP for PE detailing Knowledge, Skills and Progression 2024 onwards



Acorn Class	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Introduction to PE	Ball Skills (EYFS Fundamentals)	Gymnastics	Dance	Striking & Fielding	Athletics
Characteristics of Effective Learning & Development Matters (DM)	COEL-Active Learning: Persisting with an activity Maintaining focus Bouncing back after difficulties. Showing satisfaction for meeting their own goals. Being proud when accomplished something.	COEL-Playing and Exploring: Showing particular interests Seeking challenge Showing a 'can do' attitude Taking a risk, trying new experiences and learning by trial and error. 3-4DM: start taking part in some group activities which they make up themselves, or in teams.	COEL-Creative and thinking critically: Changing strategy as needed Reviewing how well the approach worked. Planning, making decisions about to approach a task, solve a problem and reach a goal. Continue to develop their movement, balancing, Reception DM: Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines. Progress towards a more fluent style of moving, with developing control and grace.	3-4 DM: Skip, hop, stand on one leg and hold a pose for a game like musical statues. Match their developing physical skills to tasks and activities in the setting. Are increasingly able to use and remember sequences and patterns of movements, which are related to music and rhythm. Reception DM: Combine different movements with ease and fluency.	Reception DM: Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball Reception DM: Revise and refine the fundamental movement skills they have already acquired: - rolling - crawling - walking - jumping - running - hopping - skipping - climbing	Reception DM: Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. ELG Negotiate space and obstacles safely with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.
Tier 2 vocabulary	Run, stop, roll, move safely, kick, throw, pass, space, team, control, catch, 2 hands, body parts, equipment.	Walk, jog, run, hop, skip, jump, fast, slow, pass, in pairs, stop	Forwards, backwards, sideways, mat, roll, long, slow, shape, hop, jump, skip, travel, turn.	Balance, travel, direction, space, move, copy, create, rhythm, control, teamwork, feeling, move, shape.	Pass, team, tag, space, partner, score	Running, long distance, throw, jump, teamwork, push, stop, space, safely, forward and backwards.
Tier 3 vocabulary	Track, dribble, target, distance, ready position, attack, defend.	Roll, bounce, throw, catch, kick, skill, fitness, teamwork.	Control, curled, balance.	Stillness, perform, speed, timings, flow, direction, count.	Send, teammate, possession, mark, travel.	Sprint, personal best, distance, height, take off, improve, landing.



LTP for PE detailing Knowledge, Skills and Progression 2024 onwards



Willow Class Lesson 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
NC Objectives	Team Building	Ball Skills	Gymnastics	Dance	Striking & Fielding	Athletics
	Engage in competitive games and co-operative activities.	Running. Throwing and catching. Participate in teams, developing simple tactics for attacking and defending.	Develop balance agility and co-ordination	Developing Perform dances using simple movement patterns.	Master basic movements including running, jumping, throwing and catching. Participate in team games.	Master basic movements including running, jumping, throwing and catching.
Tier 2 vocabulary	Share, team, path, listen, space, teamwork.	Run, stop, roll, move safely, kick, throw, pass, space, team, control, catch, 2 hands, body parts, equipment. High, low, safely, step, leap, repeat, target, overarm, underarm, Push, stop, space, jump, fast, slow, heart rate, competition, rules, running, stopping,	Muscles, skip, travel, balance, twist, turn, direction, control, copy, repeat, wide, curve, land, routine, link, start/finish position, plan, spring, narrow, wide, elbows, around, through, forward roll.	Travel, direction, space, move, copy, beginning, middle, end, body parts, feeling, speed move, shape, balance.	Pass, team, tag, space, partner, score	Running, long distance, throw, jump, teamwork, push, stop, space, safely, forward and backwards.
Tier 3 vocabulary	Support, rules, trust, direction.	Dribble, target, distance, Try-scoring, cooperate, ready position, attack, defend. Strength, race, balance, control, take off, evaluate.	Pike, plank, tuck, straddle, front support, back support, V sit, perform, leap, point, patch, curved, barrel.	Mirror, pathway, timing, speed, direction, count.	Receive, send, teammate, possession, mark, travel, rebound	Sprint, relay, baton, personal best, agility, distance, height, take off, improve, landing.
Willow Class Lesson 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Fitness	Invasion Games	Sending and Receiving	Target games	Net and Wall	Athletics (track events)
NC Objectives	Physically active for sustained periods of time	Running. Throwing and catching. Participate in teams, developing simple tactics for attacking and defending.	Participate in teams, developing simple tactics for attacking and defending.	Physically active for sustained periods of time. Master basic movements.	Master basic movements including running, jumping, throwing and catching. Participate in team games.	Master basic movements including running, jumping, throwing and catching.
Tier 2 vocabulary	Body, changes, heart rate, hot.	Over arm throw, free space, own space, direction, shooting, speed, winning, aim, catch, kick.	Target, successful, attack, roll, throw, catch.	Aim, far, distance, score, points.	Hit, throw, catch, aim, roll, space, decisions, rules, scoring, run, safely, pass.	Direction, speed, winning, aim



LTP for PE detailing Knowledge, Skills and Progression 2024 onwards



Tier 3 vocabulary		Agility, sprint, improve. co-ordination, attacking defending, aiming, avoiding, track. Dribble, receive, change speed.	Sequence, height, medium, improve, co-ordination, receive with feet. Track, send with racket.	Prepare, accuracy, tactic, target.	Opposition, teamwork, underarm, target, tactics, batting, bowling, fielding, strike, grip, rounder, wicket keeper, track a ball.	Sprint, improve. co-ordination, attacking defending
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Elm Class Lesson 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Team Building	Ball skills	Gymnastics	Dance	Striking & Fielding	Athletics
NC Objectives	Engage in competitive games and co-operative activities.	Running. Throwing and catching. Participate in teams, developing simple tactics for attacking and defending.	Developing balance, agility and co-ordination.	Developing Perform dances using simple movement patterns.	Master basic movements including running, jumping, throwing and catching. Participate in team games.	Master basic movements including running, jumping, throwing and catching.
Tier 2 vocabulary	Solve, lead, teamwork, map.	Over arm throw, free space, own space, direction, shooting, speed, winning, aim	In front, speed, narrow, point, balance, stretch, twisted, curled, backwards, tension.	Create, rhythm, control, teamwork.	Hit, throw, catch, aim, roll, space, decisions, rules, scoring, run, safely, pass.	direction, speed, winning, aim
Tier 3 vocabulary	Communicate, route.	Agility, sprint, improve. co-ordination, attacking defending, aiming, avoiding, track.	Sequence, height, medium, improve, co-ordination.	Stillness, perform, coordination tempo, timings, flow.	Opposition, teamwork, underarm, target, tactics, batting, bowling, fielding, strike, grip, rounder, wicket keeper.	Sprint, improve. co-ordination, attacking defending
Elm Class Lesson 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Fitness	Invasion Games	Sending and Receiving	Target games	Net and Wall	Athletics (track events)
NC Objectives	Physically active for sustained periods of time	Running. Throwing and catching. Participate in teams, developing simple tactics for attacking and defending.	Participate in teams, developing simple tactics for attacking and defending.	Physically active for sustained periods of time. Master basic movements.	Master basic movements including running, jumping, throwing and catching. Participate in team games.	Master basic movements including running, jumping, throwing and catching.
Tier 2 vocabulary	Body, changes, heart rate, hot.	Over arm throw, free space, own space, direction, shooting Direction, speed, winning, aim	Target, successful, attack	Aim, far, distance, score, points	Hit, throw, catch, aim, roll, space, decisions, rules, scoring, run, safely, pass.	direction, speed, winning, aim



LTP for PE detailing Knowledge, Skills and Progression 2024 onwards



Tier 3 vocabulary	Pumping, determination	Agility, sprint, improve. co-ordination, attacking defending, aiming, avoiding, track.	Accuracy, intercept, defend, cushion	Prepare, accuracy, tactic, target.	Opposition, teamwork, underarm, target, tactics, batting, bowling, fielding, strike, grip, rounder, wicket keeper.	Sprint, improve. co-ordination, attacking defending.
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Beech Class A Lesson 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Teambuilding (OAA)	Ball Skills (Netball)	Gymnastics	Dance	Striking & fielding (Cricket)	Athletics
NC Objectives	Take part in outdoor and adventurous activity challenges, both individually and in teams. Demonstrate improvement to achieve their personal best.	Running Throwing and catching Playing competitive games and apply basic principles suitable for attacking and defending.	Develop flexibility, strength, technique, control and balance.	Develop flexibility, strength, technique, control and balance. Perform dances using a range of movement patterns. Compare their performances with previous ones. Demonstrate improvement to achieve their personal best.	Throwing and catching Playing competitive games. Use running, jumping, throwing and catching in isolation & in combination.	Use running, jumping, throwing and catching in isolation & in combination. Demonstrate improvement to achieve their personal best.
Tier 2 vocabulary	Rules, route, map, trust, discuss, plan.	Net, scoring, all positions by name, high 5 rules, umpire, travel, contact, attack, defence.	Muscles, balance, sequence, routine, body position, shape, landing, copy, repeat, symmetry, apparatus, strength, forward and backward roll, improve.	Sequence, rhythm, timing, position, balance, control, creative, perform, demonstrate, style, flow, perform, explore, create, pattern.	Cricket playing positions, rules, scoring, teamwork, batting, underarm throw, over arm throw, wicket, batter, keep the ball	Distance, personal best, relay, baton, speed, pace, under/over arm. obstacles, diagonal, relay, triple jump, long jump, hurdles, shot putt, discuss, vortex, javelin throw.
Tier 3 vocabulary	Tactics to win. Location, boundaries, symbol, cooperatively, orienteering, coordinates, compass	Chest pass, bounce pass, shoulder pass footwork, marking, penalty.	Flight, performance/evaluation, stretch, point, patch, core moves plus teddy bear roll, pose.	Phase, canon, mirroring technique, structure, unison, transitions.	Umpire, tactics, cooperation long barrier, chaining, LBW.	stamina compete, muscular endurance Control, accuracy, approach, preferred pulse rate, stance, accuracy.



LTP for PE detailing Knowledge, Skills and Progression 2024 onwards



Beech Class Lesson 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Cross Country	Ball Skills (football)	Yoga & well being	Target Games	Striking & Fielding (Rounders)	Athletics (Track events)
NC Objectives	Take part in outdoor and adventurous activity challenges, both individually and in teams. Demonstrate improvement to achieve their personal best.	Running Throwing and catching Playing competitive games and apply basic principles suitable for attacking and defending.	Develop flexibility, strength, technique, control and balance.	Take part in outdoor and adventurous activity challenges, both individually and in teams. Demonstrate improvement to achieve their personal best.	Throwing and catching Playing competitive games. Use running, jumping, throwing and catching in isolation & in combination.	Use running, jumping, throwing and catching in isolation & in combination. Demonstrate improvement to achieve their personal best.
Tier 2 vocabulary	Rules, route, map, trust, discuss, plan, Pace, long distance, compete, personal best, breathing, rhythm, time.	Net, scoring, all positions by name, high 5 rules, umpire, travel, contact, attack, defence.	Balance, shape, breathe, control, pose, health, happiness, well-being.	Swing, club, strike, course, chip, tee, align.	Cricket playing positions, rules, scoring, teamwork, batting, underarm throw, over arm throw, wicket, batter, keep the ball	Distance, personal best, relay, baton, speed, pace, under/over arm. obstacles, diagonal, relay, triple jump, long jump, hurdles, shot putt, discuss, vortex, javelin throw.
Tier 3 vocabulary	Stamina, tactics to win. Location, boundaries, symbol, cooperatively, orienteering, coordinates, compass	Chest pass, bounce pass, shoulder pass footwork, marking, penalty.	Co-ordination, focus sequence, wholesomeness, joy, inhale, exhale, benefit.	Consistently, prepare, putt, hazard, par.	Umpire, tactics, cooperation long barrier, chaining, LBW.	stamina compete, muscular endurance Control, accuracy, approach, preferred pulse rate, stance, accuracy,

Beech Class B Lesson 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Team Building OAA	Ball Skills - Netball	Gymnastics	Dance	Striking & Fielding (Tennis)	Athletics
NC Objectives	Take part in outdoor and adventurous activity challenges, both individually and in teams. Demonstrate improvement to achieve their personal best.	Running Throwing and catching Playing competitive games and apply basic principles suitable for attacking and defending.	Develop flexibility, strength, technique, control and balance.	Develop flexibility, strength, technique, control and balance. Perform dances using a range of movement patterns. Compare their performances with	Throwing and catching Playing competitive games. Use running, jumping, throwing and catching in isolation & in combination.	Use running, jumping, throwing and catching in isolation & in combination. Demonstrate improvement to



LTP for PE detailing Knowledge, Skills and Progression 2024 onwards



				previous ones. Demonstrate improvement to achieve their personal best.		achieve their personal best.
Tier 2 vocabulary	Rules, route, map, trust, discuss, plan.	Offside, team work, sportsmanship, referee, match, competition.	Inverted, 90 degrees, 180 degrees, combine, rotation take off, stamina, constructive, long levers unison.	Expression, dance phrase, improvisation, character, gesture, action and reaction.	Net, court, score, doubles, umpire, racket, rules, tactics, balance, control, match, competition, tactics.	Sling, pull, distance, sprint, pace, joints, heartbeat, landing,
Tier 3 vocabulary	Tactics to win. Location, boundaries, symbol, cooperatively, orienteering, coordinates, compass	Invasion, attack, defence, possession,	Criteria, flexibility, adapt, contrasting, suppleness,	Dynamic, compose, posture, contrast, fluently, stimulus.	Volley, forehand, backhand, serve, ace, love, fault, out lob, smash, ready rally, forecourt, backcourt, singles, doubles.	Continuous pace, Transfer of weight, Force.
Beech Class B Lesson 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Cross Country	Ball Skills (Tag rugby)	Yoga & well being	Striking and Fielding (Rounders)	Striking & Fielding (Cricket)	Athletics (Track events)
NC Objectives	Take part in outdoor and adventurous activity challenges, both individually and in teams. Demonstrate improvement to achieve their personal best.	Running Throwing and catching Playing competitive games and apply basic principles suitable for attacking and defending.	Develop flexibility, strength, technique, control and balance.	Throwing and catching Playing competitive games. Use running, jumping, throwing and catching in isolation & in combination.	Throwing and catching Playing competitive games. Use running, jumping, throwing and catching in isolation & in combination.	Use running, jumping, throwing and catching in isolation & in combination. Demonstrate improvement to achieve their personal best.
Tier 2 vocabulary	Rules, route, map, trust, discuss, plan, Pace, long distance, compete, personal best, breathing, rhythm, time.	Offside, team work, sportsmanship, referee, match, competition, sportsmanship.	Balance, shape, breathe, inhale, exhale, control, pose, confidence.	Roll, pitch, underarm, bowler, strike, control, space, collect, fielder, stump, post, base, grip	Umpire, bat, rules, tactics, control, match, competition, tactics, stumps, batsman, fielding	Sling, pull, distance, sprint, pace, joints, heartbeat, landing,
Tier 3 vocabulary	Stamina, tactics to win. Location, boundaries.	Invasion, attack, defence, possession, tackle-tag, arrow head, flat line, lineout, try, passing, bread basket tactics opponent, discipline/control.	Flexibility, co-ordination, sun salutation, focus sequence, positivity, wholesomeness, mental health.	Consecutive, consistency, receive, long barrier, short barrier, release.	Bowled, wicket, boundary, century.	Continuous pace, Transfer of weight, Force.



LTP for PE detailing Knowledge, Skills and Progression 2024 onwards



Oak Class A Lesson 1	Autumn 1 Teambuilding (OAA)	Autumn 2 Ball Skills (Netball)	Spring 1 Gymnastics	Spring 2 Dance	Summer 1 Striking & Fielding (Tennis)	Summer 2 Athletics
NC Objectives	Take part in outdoor and adventurous activity challenges, both individually and in teams. Demonstrate improvement to achieve their personal best.	Running Throwing and catching Playing competitive games and apply basic principles suitable for attacking and defending.	Develop flexibility, strength, technique, control and balance.	Develop flexibility, strength, technique, control and balance. Perform dances using a range of movement patterns. Compare their performances with previous ones. Demonstrate improvement to achieve their personal best.	Throwing and catching Playing competitive games. Use running, jumping, throwing and catching in isolation & in combination.	Use running, jumping, throwing and catching in isolation & in combination. Demonstrate improvement to achieve their personal best.
Tier 2 vocabulary	navigate, grid, teamwork, trust.	Net, scoring, all positions by name, high 5 rules, umpire, travel, contact, attack, defence.	Dynamics, combination, accurately, refinements, suppleness, explore, symmetrical.	Dynamic, compose, posture, contrast, fluently, formation.	Net, court, score, doubles, umpire, racket, rules, tactics, balance, control, match, competition, tactics.	Continuous pace, Transfer of weight, Force
Tier 3 vocabulary	strategy, critical thinking navigation, strategise.	Chest pass, bounce pass, shoulder pass footwork, marking, penalty, obstruction strategy, invade	Asymmetrical, aesthetically pleasing, refine, approaching, mirroring.	Unison, fluid, choreograph.	Volley, forehand, backhand, serve, ace, love, fault, out lob, smash, ready rally, forecourt, backcourt, singles, doubles.	Measure, pacing, rhythm, performance, accuracy, position.
Oak Class A Lesson 2	Autumn 1 Teambuilding (Cross country)	Autumn 2 Ball Skills (Football)	Spring 1 Yoga & well being	Spring 2 Target Games (Golf)	Summer 1 Striking & Fielding (Cricket)	Summer 2 Athletics (Track Events)
NC Objectives	Take part in outdoor and adventurous activity challenges, both individually and in teams. Demonstrate improvement to achieve their personal best.	Running Throwing and catching Playing competitive games and apply basic principles suitable for attacking and defending.	Develop flexibility, strength, technique, control and balance.	Take part in outdoor and adventurous activity challenges, both individually and in teams.	Throwing and catching Playing competitive games. Use running, jumping, throwing and catching in isolation & in combination.	Use running, jumping, throwing and catching in isolation & in combination. Demonstrate improvement to achieve their personal best.



LTP for PE detailing Knowledge, Skills and Progression 2024 onwards



				Demonstrate improvement to achieve their personal best.		achieve their personal best.
Tier 2 vocabulary	Pace, long distance, compete, personal best, breathing, rhythm, timing.	Maintain, sportsmanship, close-down, support.	Dynamics, combination, accurately, refinements, suppleness, explore, symmetrical, breath.	Swing, club, strike, course, chip, tee, align.	Boundary, communication, commitment.	Continuous pace, Transfer of weight, Force
Tier 3 vocabulary	Muscular and cardio vascular endurance, strategy.	Ball side, possession, consistently.	Asymmetrical, aesthetically pleasing, refine, approaching, mirroring, reflection, determination.	Consistently, prepare, putt, hazard, par.	Repossession, defensive hit, continuous, keep possession, receive.	Measure, pacing, rhythm, performance, accuracy, position.

Oak Class B Lesson 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Team Building (OAA)	Ball Skills (Tag rugby)	Gymnastics	Dance	Striking & Fielding (Tennis)	Athletics
NC Objectives	Take part in outdoor and adventurous activity challenges, both individually and in teams. Demonstrate improvement to achieve their personal best.	Running Throwing and catching Playing competitive games and apply basic principles suitable for attacking and defending.	Develop flexibility, strength, technique, control and balance.	Develop flexibility, strength, technique, control and balance. Perform dances using a range of movement patterns. Compare their performances with previous ones. Demonstrate improvement to achieve their personal best.	Throwing and catching Playing competitive games. Use running, jumping, throwing and catching in isolation & in combination.	Use running, jumping, throwing and catching in isolation & in combination. Demonstrate improvement to achieve their personal best.
Tier 2 vocabulary	navigate, grid, trust, teamwork.	Offside, team work, sportsmanship, referee, match, competition.	Co-operate Audience, assessment, obstacles, extension, imaginative, creativity	Unison, fluid, choreograph.	Volley, forehand, backhand, serve, ace, love, fault, out lob, smash, ready rally, forecourt, backcourt, singles, doubles.	Measure, pacing, rhythm, performance, accuracy, position.
Tier 3 vocabulary	strategy, critical thinking navigation, strategise.	Invasion, attack, defence, possession, tackle-tag, arrow head, flat line, lineout, try, passing, bread basket tactics opponent, discipline/control.	Elements, refine, judgements, canon, counter-tension, synchronisation, counter-balance, parallel.	Motif, interpret, exploration.	position placement, consecutive and consistently	Protectory, release, Momentum, Trajectory, Rotation endurance.



LTP for PE detailing Knowledge, Skills and Progression 2024 onwards



Oak Class B Lesson 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
NC Objectives	Cross Country	Ball Skills (Football)	Yoga & Well being	Striking and Fielding (Rounders)	Striking & Fielding (Cricket)	Athletics (Track Events)
	Take part in outdoor and adventurous activity challenges, both individually and in teams. Demonstrate improvement to achieve their personal best.	Running Throwing and catching Playing competitive games and apply basic principles suitable for attacking and defending.	Develop flexibility, strength, technique, control and balance.	Throwing and catching Playing competitive games. Use running, jumping, throwing and catching in isolation & in combination.	Throwing and catching Playing competitive games. Use running, jumping, throwing and catching in isolation & in combination.	Use running, jumping, throwing and catching in isolation & in combination. Demonstrate improvement to achieve their personal best.
Tier 2 vocabulary	Pace, breathing, timing.	Offside, team work, sportsmanship, referee, match, competition.	Co-operate Audience, assessment, obstacles, extension, imaginative, creativity, relax.	Roll, pitch, underarm, bowler, strike, control, space, collect, fielder, stump, post, base, grip	Boundary, communication, commitment.	Measure, pacing, rhythm, performance, accuracy, position.
Tier 3 vocabulary	Muscular and cardio vascular endurance, strategy.	Dictate, ball side, consistently, contest, transition.	Elements, refine, judgements, canon, counter-tension, synchronisation, counter-balance, parallel, focus.	Consecutive, consistency, receive, long barrier, short barrier, release.	Repossession, defensive hit, continuous, keep possession, receive.	Protectory, release, Momentum, Trajectory, Rotation endurance.

Swimming Competency in Year 6

perform safe self-rescue in different water-based situations.	swim competently, confidently and proficiently over a distance of at least 25 metres	use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
Related vocabulary: deep, shallow, unaided, swimming aids, breaststroke, back stroke, butterfly, front crawl, breathing, freestyle, safe rescue, kick, pushing off, underwater, glide, costume, trunks, goggles, arm bands, lanes, floating, jump		



LTP for PE detailing Knowledge, Skills and Progression 2024 onwards




Learning Objectives/Reading in PE

The learning objective is written on a whiteboard and read & discussed with relevant vocabulary at the beginning of each lesson.

Assessment

A tick list will be completed during each lesson using the criteria E, D, S and Greater Depth will be given at the end of each unit if the child has been able to demonstrate their learning to others or exceeded the learning objectives. They will be completed by school staff with support from Mrs Hovell and filed in the class PE folders during non-contact time. These assessment sheets link to the powerful skills and knowledge objectives below.

Date: _____	
Name: _____	Get Set 4 PE.
My Learning in PE	
Unit name: _____	
In PE we have been learning about: _____	
My favourite part of this unit has been: _____	
Three things that I have learnt from this unit are: _____	
One area I would still like to improve on is: _____	

My Learning in PE

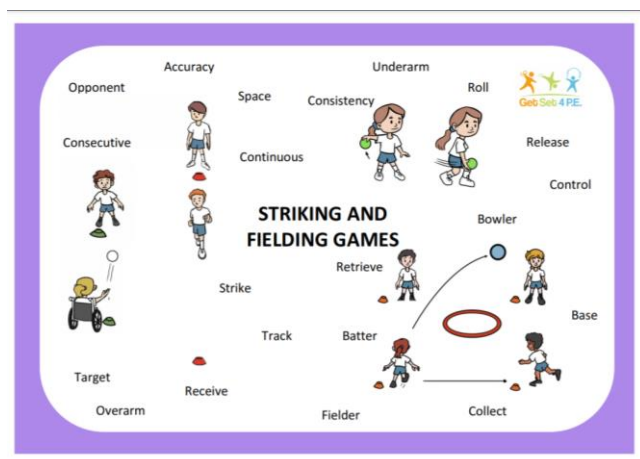
Each class will complete this sheet at the end of the unit. It will then be stuck in their floor books to aid retrieval of knowledge and skills.



LTP for PE detailing Knowledge, Skills and Progression 2024 onwards




PE Vocabulary posters will be printed off and referred to during the lesson.



Children not participating in active PE lessons

These children will have lanyard to carry out a particular job, such as 'Skill master'.

**TASK**

You will need a pen and a piece of paper.
Answer these questions:

1. What is your class learning?
2. Who do you think is improving during the lesson? Why?
3. What would be your top tips if you were teaching someone this skill?
4. How would you make this skill harder for someone to do?
5. Can you give an example of when someone would use this skill?

Today you are the: 





LTP for PE detailing Knowledge, Skills and Progression 2024 onwards



PE Powerful Knowledge and Skills. Children are assessed against these. The knowledge and skills are built on each year.

EYFS are working towards the ELGs.

Yr Gp	Team Building
1	To co-operate and communicate with a partner to solve challenges
	To explore and develop teamwork skills to solve challenges
	To use communication skills to lead a partner
	To plan with a partner and small group to solve problems

Yr Gp	Team Building
2	To follow instructions and work with others
	To co-operate and communicate in a small group to solve challenges
	To create a plan with a group to solve the challenges
	To work as a group to solve problems
	To work with a group to copy and create a basic map

Yr Gp	Team Building - Cross country/ Outdoor & Adventurous Activity
3 /4a	To develop co-operation and teamwork skills
	To develop trust and team work
	To involve all team members in an activity and work towards a collective goal
	To develop trust and accept support whilst listening to others and following instructions

Yr Gp	Team Building - Cross country/ Outdoor & Adventurous Activity
3/ 4b	To draw a route using directions and be able to orientate a map and navigate around a grid
	To develop co-operation and teamwork skills
	To develop trust and team work
	To involve all team members in an activity and work towards a collective goal



LTP for PE detailing Knowledge, Skills and Progression 2024 onwards



Yr Gp	Team Building - Cross country/ Outdoor & Adventurous Activity
5/ 6a	To be able to use a key to identify objects and locations
	To develop navigational skills and map reading
	To share ideas and work as a team to solve problems
	To work as a team to solve problems, sharing ideas and collaborating with one another

Yr Gp	Team Building - Cross country/ Outdoor & Adventurous Activity
5/ 6b	To build communication and trust whilst showing an awareness of safety
	To develop navigational skills and map reading
	To develop tactical planning and problem solving
	To work as a team to solve problems, sharing ideas and collaborating with one another

Yr Gp	Fitness
1&2	To develop jumping in a long rope using timing.
	To develop co-ordination in individual skipping.
	To develop stamina and change of direction.
	To explore exercises to develop strength.
	To develop agility, balance and co-ordination.

Yr Gp	Ball Skills
1	To develop control and co-ordination when dribbling a ball with your hands
	To explore accuracy & control when rolling, dribbling and throwing.
	To recognise changes in the body during exercise
	To explore tracking a ball that is coming towards me
	To explore ball skills rolling, dribbling, throwing, tracking and catching in small group games

Yr Gp	Ball Skills
2	To explore different ball handling skills inc rolling to hit a target, developing co-ordination
	To be able to develop technique and control when dribbling/kicking a ball with your feet
	To develop co-ordination and technique when throwing and catching
	To develop control and co-ordination when dribbling a ball with your hands
	To show Co-ordination and control in a variety of ball skills



LTP for PE detailing Knowledge, Skills and Progression 2024 onwards



Yr Gp	Ball Skills - Football
3/ 4	To develop controlling the ball and dribbling under pressure
	To develop passing to a teammate and pass and move
	To be able to control the ball with different parts of the body
	To develop changing direction with the ball using an inside and outside hook
	To be able to jockey/track an opponent
	To be able to apply the rules and tactics you have learnt to play in a football tournament

Yr Gp	Ball Skills – Tag Rugby
3/ 4	To develop throwing, catching and running with the ball.
	To develop an understanding of how to defend using tagging rules.
	To begin to use the 'forward pass' and 'offside' rule.
	To develop movement skills to dodge a defender.
	To track an opponent and begin to defend as a team.
	To apply the rules and skills you have learnt and play.

Yr Gp	Ball Skills - Netball
3/ 4	To develop passing and moving towards a goal
	To be able to use the attacking principle of creating and using space
	To be able to change direction and lose a defender
	To be able to defend a ball side and know when to go for interceptions
	To develop the shooting action
	To be able to change direction to get free from a defender and receive a pass
	To learn the positions of 5-a-side netball

Yr Gp	Ball Skills - Football
5/ 6	To maintain possession when dribbling.
	To dribble with control under pressure.
	To select the appropriate skill, choosing when to pass and when to dribble.
	To move into and create space to support a teammate.
	To use the appropriate defensive technique for the situation.
	To apply rules, skills and principles to play in a tournament.



LTP for PE detailing Knowledge, Skills and Progression 2024 onwards



Yr Gp	Ball Skills - Tag Rugby
5/ 6	To develop an understanding of tagging rules
	To begin to use the 'forward pass' and 'offside' rule
	To develop ball handling skills demonstrating increasing control and accuracy
	To develop attacking principles, understanding when to run and when to pass
	To be able to use the 'forward pass' and 'offside' rules
	To be able to play games using tagging rules
	To develop dodging skills to lose a defender
	To develop drawing defence and understanding when to pass
	To be able to work as a defending unit to prevent attackers from scoring
	To be able to apply the rules and tactics you have learnt to play in a tag rugby tournament/game

Yr Gp	Ball Skills - Netball
5/ 6	To develop ball handling skills and practise throwing & catching
	To develop passing and moving and be able to play within the footwork rule
	To develop passing & moving towards a goal and to lose a defender
	To be able to defend an opponent and try to win the ball
	To develop the shooting action
	To develop play using the netball rules

Yr Gp	Invasion Games
1/ 2	To understand what being in possession means and support a teammate to do this.
	To understand that scoring goals is an attacking skill and to explore ways to do this.
	To understand that stopping goals is a defending skill and explore ways to do this.
	To explore how to gain possession.
	To mark an opponent and understand that this is a defending skill.
	To apply simple tactics for attacking and defending.



LTP for PE detailing Knowledge, Skills and Progression 2024 onwards



Yr Gp	Gymnastics
1	To explore travelling movements using the space around you
	To develop quality when performing gymnastic shapes
	To develop technique and control when performing shape jumps
	To develop the straight, barrel, and forward roll
	To link gymnastic actions to create a sequence
Yr Gp	Gymnastics
2	To perform gymnastic shapes and link them together
	To be able to use shapes to create balances
	To demonstrate different shapes, take off and landings when performing jumps
	To develop rolling and sequence building
	To develop stability and control when performing balances
Yr Gp	Gymnastics
3 /4	To be able to create interesting point and patch balances
	To develop stepping into shape jumps with control
	To be able to transition smoothly into and out of balances
	To develop technique in the barrel, straight and forward roll
	To create a partner sequence incorporating equipment
Yr Gp	Gymnastics
3/ 4	To develop individual and partner balances
	To develop control in performing and landing rotation jumps
	To develop the straight, barrel, forward and straddle roll
	To develop strength in inverted movements
	To create a sequence with matching and contrasting actions and shapes



LTP for PE detailing Knowledge, Skills and Progression 2024 onwards



Yr Gp	Gymnastics
5/ 6	To be able to perform symmetrical and asymmetrical balances
	To develop the straight, forward, straddle and backward roll
	To be able to create a group sequence
	To be able to perform progressions of inverted movements
	To explore matching and mirroring using actions on the floor
	To be able to create a partner sequence

Yr Gp	Gymnastics
5/ 6	To be able to develop the straddle, forward and backward roll
	To develop counter balance and counter tension
	To be able to perform inverted movements with control
	To be able to perform the progression of a headstand and a cartwheel
	To be able to explore different methods of travelling, linking actions in both canon and synchronisation

Yr Gp	Sending & Receiving
1/ 2	To roll a ball towards a target.
	To track and receive a rolling ball.
	To send and receive a ball with your feet.
	To develop throwing & catching skills.
	To send and receive a ball using a racket.



LTP for PE detailing Knowledge, Skills and Progression 2024 onwards



Yr Gp	Yoga
3/4	To explore poses that challenge my balance.
	To explore poses that challenge my flexibility.
	To explore poses that challenge my strength.
	To understand the importance of developing well-being strategies

Yr Gp	Yoga
3/4	To create a flow using poses that challenge my balance.
	To create a flow using poses that challenge my flexibility.
	To create a flow using poses that challenge my strength.
	To understand the importance of developing well-being strategies

Yr Gp	Yoga
5/6	To understand how breath can help me to hold and move from pose to pose.
	To identify and use balance when exploring poses and creating a flow.
	To identify and use flexibility when exploring poses and creating a flow.
	To understand the importance of developing well-being strategies

Yr Gp	Yoga
5/6	To identify and use strength when exploring poses and creating a flow.
	To create and refine a flow with a partner.
	To lead others through our flow
	To understand the importance of developing well-being strategies



LTP for PE detailing Knowledge, Skills and Progression 2024 onwards



Yr Gp	Dance
1	To explore travelling actions and use counts of 8 to move in time with the music
	To copy, remember and repeat actions that represents the theme
	To use a pathway when travelling
	To show changes in expression, level and shape
	To remember and repeat actions and respond imaginatively to a stimulus

Yr Gp	Dance
2	To copy, repeat, create and perform actions that represent the theme
	To copy, remember and repeat actions using facial expressions to show different characters
	To create actions and accurately copy others actions
	To copy, repeat and create actions in response to a stimulus
	To create a short dance phrase showing clear changes of speed

Yr Gp	Dance
3 /4	To create actions in response to a stimulus and move in unison with someone else
	To understand how dynamics affect the actions performed.
	To be able to select and use actions to represent an idea
	To choose actions which relate to the idea, using space and timing to make my work look interesting
	To use transitions and changes of timing to move into and out of shapes

Yr Gp	Dance
3 /4	To copy and create actions in response to an idea and be able to adapt these using changes of space
	To choose actions which relate to the theme
	To use actions, dynamics, spacing and timing to represent a state of matter
	To remember and repeat actions and create dance ideas in response to a stimulus
	To remember, repeat and create actions to represent an idea



LTP for PE detailing Knowledge, Skills and Progression 2024 onwards



Yr Gp	Dance
5/ 6	To create a dance using random structure and perform the actions showing quality and control
	To copy and repeat a set dance phrase showing confidence in movements
	To work with a group to create poses and link them together using transitions
	To work with a partner to copy and repeat actions keeping in time with the music
	To communicate a story through dance

Yr Gp	Dance
5/6	To understand how changing the dynamics of an action changes the appearance of the performance
	To understand and use relationships and space to change how a performance looks
	To use choreographing devices when working as a group
	To work collaboratively with a partner to explore and develop dance idea
	To use changes in the level and speed when choreographing
	To use choreographing ideas to change how actions are performed

Yr Gp	Target Games (Golf)
1/ 2	To consider how much power to apply when aiming at a target.
	To understand how to score using overarm and underarm throwing.
	To develop striking to a target.
	To develop hitting a moving target.
	To select and apply the appropriate skill to the target game.
	To show an improvement in my personal best.

Yr Gp	Target Games (Golf)
3/ 4	To develop accuracy & technique when aiming towards a target.
	To explore technique when aiming at a target over a short distance.
	To explore technique when aiming at a target over a long distance.
	To apply skills and knowledge to compete in a tournament or competition.



LTP for PE detailing Knowledge, Skills and Progression 2024 onwards



Yr Gp	Target Games (Golf)
5/ 6	To accuracy & technique for hitting accurately over a short distance.
	To explore the technique for a long game.
	To select the appropriate shot for the situation.
	To apply knowledge of rules and skills to design and compete in a tournament.

Yr Gp	Striking & Fielding
1	To develop underarm throwing and catching and put this into small sided games
	To develop overarm throwing
	To develop striking a ball with my hand and equipment
	To retrieve a ball when fielding
	To understand how to get a batter out
	To develop decision making and understand how to score points

Yr Gp	Striking & fielding
2	To be able to track a rolling ball and collect it
	To develop accuracy in underarm throwing and consistency in catching when fielding a ball
	To develop accuracy with overarm throwing to send a ball over a greater distance and limit a batter's score
	To develop striking for distance and accuracy
	To develop decision making to get a batter out

Yr Gp	Striking & Fielding - Cricket
3 /4	To develop overarm throwing, catching & bowling
	To learn how to grip the bat and develop batting technique
	To be able to field a ball using a two-handed pick up and a short barrier
	To develop overarm bowling technique
	To play apply skills learnt to mini cricket



LTP for PE detailing Knowledge, Skills and Progression 2024 onwards



Yr Gp	Striking & Fielding - Rounders
3/ 4	To develop throwing and catching with accuracy and apply these to a striking and fielding game.
	To develop bowling and learn the rules of the skill within this game.
	To develop batting technique and understand where to hit the ball.
	To develop fielding techniques and apply them to game situations.
	To apply skills and knowledge to compete in a tournament.

Yr Gp	Striking & Fielding - Cricket
5/ 6	To develop throwing accuracy and catching skills (close/deep catching and wicket keeping)
	To develop batting accuracy and directional batting
	To develop overarm bowling technique and accuracy
	To develop a variety of fielding techniques and to use them within a game
	To develop long and short barriers and apply them to a game situation

Yr Gp	Striking & Fielding – Rounders
5/ 6	To develop throwing, bowling and catching under pressure and apply these to a striking and fielding game.
	To strike a bowled ball with increasing consistency.
	To develop fielding techniques and select the appropriate action for the situation.
	To understand and apply tactics in a game.



LTP for PE detailing Knowledge, Skills and Progression 2024 onwards



Yr Gp	Net and Wall
1/ 2	To use the ready position to defend space on court.
	To develop returning a ball with hands.
	To play against a partner.
	To develop racket skills and use them to return a ball.
	To develop returning a ball using a racket.
	To play against an opponent using a racket.

Yr Gp	Net and Wall - Tennis
3 /4	To develop racket and ball control.
	To explore rallying using a forehand.
	To explore returning the ball using a forehand and backhand
	To learn how to score and use simple rules.
	To work co-operatively with others to begin to manage a game.

Yr Gp	Net and Wall - Tennis
5/ 6	To return the ball using a forehand groundstroke under pressure.
	To return the ball using a backhand groundstroke under pressure.
	To use a variety of shots to keep a continuous rally going.
	To develop the underarm serve and understand the rules of serving.
	To develop the volley and understand when to use it.
	To apply rules, skills and principles to play against an opponent.



LTP for PE detailing Knowledge, Skills and Progression 2024 onwards



Yr Gp	Athletics
1	To learn to move at different speeds for varying distances
	To develop co-ordination
	To develop a foundation for balance and stability
	To explore hopping, jumping and leaping for distance
	To develop throwing for distance and accuracy

Yr Gp	Athletics
2	To develop the sprinting action
	To develop jumping for distance
	To develop technique when jumping for height
	To develop throwing for distance & accuracy

Yr Gp	Athletics
3/ 4	To develop the sprinting technique and improve on your personal best
	To develop changeover in relay events
	To develop jumping technique in a range of approaches and take off positions
	To develop throwing for distance and accuracy
	To develop throwing for distance in a pull throw

Yr Gp	Athletics
3/4	To develop power and speed in the sprinting technique
	To develop technique when jumping for distance
	To develop power and technique when throwing for distance
	To develop a pull throw for distance and accuracy
	To develop officiating and performing skills
	To develop stamina and an understanding of speed and pace in relation to distance



LTP for PE detailing Knowledge, Skills and Progression 2024 onwards



Yr Gp	Athletics
5/ 6	To be able to apply different speeds over varying distances
	To develop fluency and coordination when running for speed
	To develop technique in relay changeovers
	To develop technique and coordination in the triple jump
	To develop throwing with force for longer distances
	To develop throwing with greater control and technique

Yr Gp	Athletics
5/ 6	To work collaboratively with a partner to set a steady pace
	To develop your own and others sprinting techniques
	To develop power, control and technique for the triple jump
	To develop power, control and technique when throwing for distance
	To develop throwing with force and accuracy for longer distances
	To work collaboratively in a team to develop the officiating skills of measuring, timing and recording



Extra-Curricular Events

Month	County/school Event (An after-school club will run to practise these sports)	After School PE Club
Oct/ Nov	Cross country	A1: Dodgeball
Dec/Jan	Tag rugby	A2: Football skills
Feb/March	Netball	Sp1:Hockey
May	Football organised by Northwold & cricket	Sp2: Golf
June	Tennis	Su1: Cricket
July	Tennis	Su2: Rounders

Additional Activities Throughout the Year Include:

- Forest School – subsidised by Primary Sports Premium
- After school sports clubs, such as PE club – subsidised by Sports Premium
- Intra School competitions during the year
- Daily Mile Running circuit used each week
- Cluster competitions – paid for using Sports Premium
- Mental Health Awareness Days
- Bikeability
- Sports Day
- Sponsored Obstacle Course
- Walk to School Initiative
- Easter Dance Show
- Pupil Voice activities



Out of School Clubs in Our Local Area

Breckland Forest Gymnastics Club

14 Wimbledon Avenue, Brandon IP27 0NZ 01842 812850

Brandon Town Community Football Club Secretary Amber Browne - 07734 923215 amberbrowne001@gmail.com

Mundford Football Club mundfordfc@hotmail.com

Feltwell Youth Football team

Hockwold Cricket Club

THE CLUB HOUSE

The Village Club

72 Main Street

Hockwold, Thetford

Norfolk

IP26 4LN

Telephone: 01842 827098

Brandon Leisure Centre [Juniors | Abbeycroft Leisure \(acleisure.com\)](#)



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PWL Dance – Street dance for 4-16 year olds

Lakenheath Pavilion

07510611231

pwldance@outlook.com